

20 Lb (9.07 kg) Oven Ready Whole Grain Breaded Pollock Sea Wonders Sea Shapes 1.0 oz, CN, MSC

Made from wild caught Alaska Pollock, High Liner Whole Grain Breaded Pollock Fish Shapes are specially formed, fish-shaped Pollock that are as delicious as they are downright fun. What's more, they align with USDA guidelines for whole grain. Each oven-ready shape cooks to golden crunchy, kidfriendly perfection in minutes. An exciting, more nutritious option for school lunches and other Child Nutrition-approved applications.

Product Last Saved Date: 20 October 2025

Nutrition Facts

80 Servings per container

4 Pieces (112g)

Amount Per Serving Calories

Serving Size

260

	% Daily Value*
Total Fat 10 g	12%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 480 mg	21%
Total Carbohydrates 29 g	11%
Dietary Fiber 5 g	19%
Total Sugars 3 g	
Includes 2 g Added Sugars	3%
Protein 16 g	
Vitamin D 0.6 mcg	2%
Calcium 60 mg	4%
Iron 2.6 mg	15%
Potassium 500 mg	10%

Product Specifications :				
Code	GTIN	Type Of Catch		
1089865	10035493898657	WILD		

Brand	GPC Description		
High Liner Foodservice	Fish - Prepared/Processed (Frozen)		

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	No

	Shipping Information					
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	12.1250 INH	1.0887 FTQ	12x3	540 Days	-10 FAH / 0 FAH

Ingredients:

68.9% SEAFOOD BLEND [MINCED ALASKA POLLOCK, WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, HYDROLYZED CORN PROTEIN, BUTTER FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, FLAVOR), TITANIUM DIOXIDE, MODIFIED CORN STARCH, ONION POWDER, SPICES, NATURAL FLAVOR]; 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, SUGAR, WHOLE YELLOW CORN MEAL, ONION POWDER, GARLIC POWDER, SALT, YEAST, YEAST EXTRACT, SPICES, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN SYRUP SOLIDS, YELLOW CORN FLOUR, CORN STARCH, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). MODIFIED CELLULOSE, CONCENTRATED LEMON JUICE, NATURAL FLAVOR, PAR-FRIED IN CANOLA OIL, COTTONSEED OIL. AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - C	Soy - C		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

The ideal finger food for school lunch served with Popeye the Sailorman Spinach and the dipping sauce of your choice.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes Has CN Statement: Yes

CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH

> SHAPES PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE AND 1.75 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL

PATTERN REQUIREMENTS.









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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CN Information:

CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH SHAPES PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT

ALTERNATE AND 1.75 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

Suggested Bid:

Meat/Meat Alternative :

WholeGrain Credit Calculation:

Label Copy:

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark



Oven Ready Whole Grain Breaded Pollock Sea Wonders

1089865



INDIVIDUALLY QUICK FROZEN

KEEP FROZEN DO NOT REFREEZE

2565278



NOTE: COOK TO AN INTERNAL TEMPERATURE OF 195* MINIMUM.

INGREDIENTS: 88.9% SEAFOOD BLEND [MINCED ALASKA POLLOCK, WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, HYDROLYZED CORN PROTEIN, BUTTER FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, FLAVOR), TITANIUM DIOXIDE, MODIFIED CORN STARCH, ONION POWDER, SPICES, NATURAL FLAVOR; 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, ERICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2%, OR LESS OF: WATER, MODIFIED CORN STARCH, SUGAR, WHOLE YELLOW CORN MEAL, ONION POWDER, GARLIC POWDER, SALT, YEAST EXTRACT, SPICES, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN SYRUP SOLIDS, YELLOW CORN FLOUR CORN STARCH, EXTRACTIVES OF PARFIRG, ANNATTO AND TUMBERIC (COLOR), MODIFIED CELLULOSE, CONCENTRATED LEMON JUICE, NATURAL FLAVOR, PARFIRED IN CANOLA OIL, COTTONSEED OIL, ANDIOR SOYBEAN OIL.

CONTANAME: RISK 1901 LOCK) WHALET SCY MIK WHATET SCY MIK WH CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

NET WT 20 Lb (9.07 kg)





LOT#: 1234567890



FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH SHAPES PROVIDE 2.00 OZ EQUIVALENT MEATIMEAT ALTERNATE AND 1.75 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS, USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 0.22021).

PORTSMOUTH, NH 03801



High Liner Bid Desk Contact and Specification Verification:

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